



Knowing that we do not have the normal 30-45 minutes of food and catch-up time we are used to having, we recommend an online meeting time of 1 hour-1 hour 15 minutes or so. With that, below is a suggested, abbreviated flow and rhythm for online meetings. Of course, as leaders you know your group best and can adjust accordingly.

Encourage Members to log on to the platform at least 5 minutes before the meeting begins.

This allows time for everyone to get settled as well as iron out any issues or details to get connected.

1. Begin with prayer.

Pray for your time together as well as for the Holy Spirit to be present and in the midst of the meeting as he leads and guides hearts in interaction.

2. Begin interaction and review of the week's material for the curriculum you are working through (*Finding Wholehearted Life Together part 1 or Part 2*).

- Ask a few people to read a verse or passage from this week's session that caught their attention or stirred something new in their hearts.
- Pick a couple of the discussion questions that would spur good conversation and interaction.
- Focus a few minutes on the wholehearted activity for the week and how everyone interacted with the activity.
- Read the "Prepare" section to be mindful of what is ahead for next week.

3. Spend the rest of the meeting checking in with everyone and in prayer. This may be in light of the current COVID-19 crisis as well as other prayer needs. Here is a suggested rhythm using the 5 values of our church:

- **WORD CENTERED:** What verse or passage this week has particularly encouraged or challenged you? Is there a verse that could be a prayer for you this week?
- **SPIRIT DEPENDENT:** Where are you choosing to rely on and trust the Holy Spirit in this time, and not in your own strength?
- **BETTER TOGETHER:** How can we journey with one another as a group? What are some needs of the group that we might be able to help with? In the church? How can we pray for your family/extended family?
- **COURAGEOUSLY REAL:** Where are you anxious or struggling as we enter into this coming week?
- **NOT ABOUT OURSELVES:** How are those most vulnerable, at risk, or struggling (seniors, single parents, children) around us doing? Are there any needs we know of that our group might be able to help with on our street? In our neighborhood? With friends? In our communities? In our city?

4. End the time in prayer together (the prompts above will help shape prayer requests and needs, as well as any others that specifically are shared). Before you sign off, make sure everyone knows the next scheduled time to meet as a group.